THE -1987 - 2019 NEWZ

 ${\mathcal A}$ Message from the President

November 2019 Newz

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THE CALENDAR

At our October General Meeting, the very interesting speaker from **AdventHealth**, Judy Clark, LCSW, shared tips for aging well and the differences between Alzheimer's and Dementia. She had many slides to her presentation, and some of them had many details. Judy gave me permission to post her presentation on the HWC website under the Luncheon Meeting section.

This month we are looking forward to an entertaining presentation from Mary Flynn, "Confessions of a Hallmark Greeting Card Writer." She is also an award-winning poet and author of business books, novels, and children's books. Our business meeting will include the usual updates. The Charitable Endeavors Co-Chairs will review the process we use to select our charities for the following year, Somebody's Hungry will continue, and we will hold the ever-popular donated raffle basket drawing.

Our **Secret Santa** program will continue in November. Children at three of our four charities will receive your gifts this year. (Note that the Boys & Girls Club, W. Sanford Branch has other benefactors for holiday gifts.) If you have already chosen ornaments from the tree, please remember to bring your gift(s)to our December luncheon in the white bag you were given. If you haven't yet selected a name, you will have the opportunity to do so at the November luncheon. Please see the write-up later in The Newz.

OTHER HAPPENINGS

On October 4, at the Boys and Girls Club **Faces of the Future breakfast**, HWCC was recognized as a Legacy Partner. The following is a portion of the tribute that was given to us: "For over a decade, they have worked really hard with their social fundraising events that benefit not only us but other organizations that center around families and kids like us. In addition to individual giving and multiple members who have joined our Giving Society - To date, the Heathrow Women's Club has donated well over \$200,000 to benefit and support our programs at the West Sanford Club. On behalf of myself and all my fellow Club members at my Boys & Girls Club - Thank you for investing your time, treasure and talents to benefit the youth of Seminole County and thank you for supporting and believing in us."

Our **4th Annual Golf Tournament** is fast approaching, and we are so excited about it. So many members are working very hard to assure it's a great success. If you are a golfer, I hope you have signed up to play. If you aren't a golfer, there are still opportunities for you to be involved. There is the "hole of fame" donation, where members can show their support of our charitable endeavors by purchasing a hole on #18. You can purchase a hole of fame sponsorship in your name, in memory of someone, or in celebration or an individual or event. There are also hole sponsorships for businesses and various other ways to contribute. If you would like to attend the dinner and/or volunteer to help, please contact Nancy Jones or Carolyn Boland and see more information on the Ways & Means page in this newsletter and on our website. I'm looking forward to seeing you at the tournament!

WHY IS IT THAT WE...

This month, I'm addressing a few questions that I have been asked or thought you might find interesting. Please continue to send me your questions (mundane, significant, humorous, inspirational). Eventually, I plan to address them all!

• Are not having the Bake Sale at our December General Meeting this year?

HWCC holds a number of fundraisers throughout our year—some major that raise a lot of money for our charities and some not so major. It is impossible for us to organize and support every activity every year. So, we're skipping a year on the Bake Sale, just have we have periodically skipped the Yard Sale and the Purse Auction. Interest and participation in the Bake Sale have waned in the last couple of years, so it makes sense to skip a year and see if interest improves. If you want it back next year, make sure to indicate your preference in the Spring Member Survey.

• Require members to communicate any dietary needs/special request in the online registration?

We notify Heathrow Country Club of the headcount, menu selections, and dietary needs the weekend before our Tuesday luncheon. That way they have time to prepare and serve any special requests/needs. We need to do this in advance, because it is very difficult to make a change during the luncheon, as it slows down the plating and serving process and thus our meeting. For instance, if you send a chicken breast back to the kitchen because you cannot have or do not want the sauce, they have to throw it away and start cooking and plating a new serving of all elements for you. A little planning when registering will really help things go more smoothly for you and everyone else.

I look forward to hearing your questions and comments that will help us in our continuous efforts to improve the HWC experience for everyone!

Regards,

Lee Granger, President, Heathrow Women's Club/Heathrow Women's Club Charities, Inc.

president@heathrowwomensclub.org

SPOTLIGHT Judy Quattry



We are very happy to have Judy Quattry as our new Membership/Hospitality Chair and wanted to share with the membership a little about this wonderful lady. Recently, we asked Judy to tell us about her life.

- ❖ Where did you grow up? We lived in Vista, CA until I was 7, we then moved to Leavenworth, KS so my mother could take care of her father. We continued to live in KS and MO for the remainder of my childhood.
- ❖ Did you have siblings? No Siblings, I'm adopted.
- ❖ What did Mom/Dad do professionally? My father died when I was 3 ½, he had been a Lieutenant Commander in the Navy retiring in 1950, at the time of his passing he was employed as a butcher. After my father passed, my mother opened a small restaurant in Vista, CA. When we moved to KS she worked from home as a dressmaker; later she worked in the food service industry and eventually opened a small restaurant in Weston, MO.
- ❖ Where did you go to college? I attended The University of Kansas & The University of Missouri but did not receive my degree. My area of study was Engineering with a minor in Mathematics. I obtained an Associate degree from St John's River State College in 2005.
- **❖ Are you married**? I married at the age of 41, my first husband Danny passed in 2004. I met my second husband Steve in 2009 and we married in 2013.

- ❖ Any children? No children of my own, but I have 3 grown stepchildren and 2 grandchildren.
- * What was your career? Most of my career was in banking. I worked for Bank of America for 10 years in various departments. I worked both in the corporate bank in Charlotte, NC and the consumer bank Jacksonville, FL. Prior to Bank of America, I worked in several smaller banks. While attending college I worked in a small grocery store and as a bartender.
- ❖ When did you get involved in supporting charities? I always gave generously to United Way campaign through work.
- ❖ When did you move to Central Florida? I moved to Central Florida from St. Augustine, FL in 2010 after meeting my husband Steve.
- When and why did you join Heathrow Women's Club? I joined HWC so that I could make new friends and become more involved in charity work.
- ❖ What activities do you like to participate in with HWC? I really enjoy Book Club as I read and discuss works that I might not ordinarily choose.
- ❖ What do you like best about being a member of HWC? I have made many wonderful friendships that I really appreciate. I also feel very rewarded by being able to help others in need.
- ❖ Do you have any hobbies-travel, gardening, book club, etc.? I enjoy travel, working out, & meeting up with my HWC girlfriends for dinners, movies, shopping, & small trips.

Submitted by Clety Gomez and Patti Neveleff

SAVE the DATES

BIRTHDAYS

ANNIVERSARIES

Nov 1	Carolyn Boland
Nov 6	Darlene Purvis
Nov 20	Connie McDonald
Nov 26	Mary Ann Anderson
Nov 28	Kathy Hammerling

Nov 5 Rebecca and Christopher Dorworth
Nov 5 Shelley and Roger Pynn
Nov 7 Ellen and Tom Yeaser
Nov 22 Patti and Steve Neveleff
Nov 25 April and Bob Darrow
Nov 30 Angela and Sean Cusack
Nov 30 Rachel and Steve Guernsey

After December 1st, to see members birthdays and anniversaries visit

http://www.heathrowwomensclub.com/membershipdirectory

EVENTS

Nov 11	4 th Annual Golf Tournament Fundraiser
Jan 31	Drop off for Yard Sale
Feb 1	Yard Sale Fundraiser
Mar 8	Fashion Show Fundraiser

To see all of the upcoming events visit www.heathrowwomensclub.com/calendar

MEMBERSHIP & HOSPITALITY

The Membership & Hospitality Committee keeps a record of all our current and new members and hosts two New Member Socials annually. Our first New Member Social will be held November 6th at my home. This event allows new members to become acquainted with the Membership & Hospitality committee and members of our Board.

Please take a moment to view our new members on the Heathrow Women's Club website under the membership tab. Here you will find their pictures and bio. http://www.heathrowwomensclub.com/new-membership-gallery

We are looking forward to another great year of "Socializing with a Purpose." If you have not renewed your membership, please take a moment to do so as soon as possible. Remember, you must be a current member to participate in HWC social and fundraising activities.

As of October 10, 2019, our Membership total is 139 (123 returning members plus 16 new members).

There are two ways to renew your membership:

Online: http://www.heathrowwomensclub.com/pay-online/membership-dues

By Mail: Print the online form and mail along with your 2 checks to: Judy Quattry, HWC Membership & Hospitality Vice President 3329 Oakmont Terrace Longwood, FL 32779

Sincerely,

Judy Quattry
Vice President Membership & Hospitality 2019-2020
407-797-7333 cell
membershipHWC@gmail.com
Heathrow Women's Club
Heathrow Women's Club Charities, Inc.



Code of Conduct for Members

COLLECT FOR CLUB MEMBERS

"Keep us, oh God, from pettiness; let us be large in thought, in word, in deed." Let us be done with fault-finding and leave off self-seeking. May we put away all pretense and meet each other face to face, without self-pity and without prejudice. May we never be hasty in judgement and always generous. Let us take time for all things; and to grow calm, serene, gentle. Teach us to put into action our better impulses, straightforward and unafraid. Grant that we may realize it is the little things that create differences, that in the big things of life we are at one. And may we strive to touch and to know the great, common human heart of us all.

And, oh Lord God, let us not forget to be kind!"

By Mary Stewart (1904)

- 1. Members shall strive to abide by the Club Collect.
- 2. Members shall be dedicated to charitable fundraising and volunteerism for our chosen charities, benefiting women and children in Seminole County.
- 3. Members shall actively participate to the best of their ability in club activities, committees, and fundraising endeavors/events.
- 4. Members shall promote friendship, harmony and good will amongst our members and within our community; therefore, gossip or disparaging words of any kind will not be tolerated.
- 5. Members shall be hospitable and friendly to guests and new members, warmly welcoming them.
- 6. The names, addresses, and telephone numbers in the members' directory are to be used for the sole purpose of Heathrow Women's Club business. No member shall be allowed to use these names to solicit business, personal charities, political causes or to make other announcements unrelated to club business.
- 7. Members shall not solicit during any club business or social activities.
- 8. Members shall adhere to the luncheon reservation policy and be financially responsible to pay for untimely cancellations.
- 9. Heathrow Women's Club/Heathrow Women's Club Charities, Inc. is an all-volunteer non-profit organization which is neither political nor religious. As per our Club By-laws, during any club business or social activities, members shall refrain from making political or religious statements.
- 10. Members shall be "kind" in every word, action, and deed.

(Failure by any member to abide by the Code of Conduct for members shall be subject to immediately having their Club Membership revoked by a quorum vote of the Board of Directors.)

CHARITABLE ENDEAVORS

The Charitable Endeavors Committee continues to offer volunteer activities for our charities and enjoys a large membership. We are grateful for the interest and participation.

The Boys and Girls Club had their annual Faces of the Future breakfast and 75th year anniversary celebration on Friday, October 4th. About 15 HWC members attended this event and enjoyed a delicious breakfast with an excellent program as well. Thanks to all who attended and also who donated to the club for this event.

Please remember to bring non-perishable canned goods and hygiene items for the Seminole County Public Schools Food Pantry at Milwee Middle School. We have adopted this school for the year with the Foundation.

If interested in any of the following, please contact the coordinators listed below:

- Boys and Girls Club birthday parties Carol Ann Dove
- SafeHouse monthly Clothes Closet Cyndy Bloch
- SafeHouse Night of Beauty Peggy Pyle
- Mentoring a child for the Foundation Lynn Wollin
- General interest in tutoring a child Leslie Guerra
- Assembling/Distributing back packs at Milwee Middle School Gayle Gattuso

Please contact us at <u>charitableendeavors@heathrowwomensclub.org</u> with questions, concerns, feedback and/or to join our committee. Our next committee meeting will be on Monday, December 9th at 4 pm at the Sawyer Lake Club house. There will be no November meeting.

Submitted by Leslie Guerra and Lynn Wollin Co-chairs, Charitable Endeavors Committee

SECRET SANTA AND HIS ELVES 🗐

Santa's elves were out in force at the October lunch. Thanks to all of our members who selected a child's ornament or several ornaments off the holiday tree for the Secret Santa gift-giving program.

You will once again have an opportunity at the November luncheon to select tree ornaments for deserving children in Seminole County. The tree's paper ornaments - and you can take more than one - have a guideline starting dollar value of \$25.

The ornaments give the child's gender, age, type of gift(s) wanted OR merchant gift cards supporting the children of the following charities:

- Friends of Abused Children
- SafeHouse of Seminole County
- The Foundation for Seminole County Public Schools

If you weren't able to select an ornament, you can still participate in Secret Santa by donating a gift card(s) which can be brought to the December luncheon. We would suggest either Target or Walmart as the gift card merchant.

Please bring your **UNWRAPPED** gifts to the December 10th luncheon in the white bag provided (even if it is a gift card) so that easy identification is made. If you cannot be at the luncheon, send it in with a friend or telephone Pat Darrah (407-833-0498) or Connie McDonald (407-256-2899) for assistance.

The giving generosity of our members means so much to these three charities and the children in need of special holiday memories.

Pat Darrah Connie McDonald Secret Santa Co-chairs



Happy Birthday to All the Kids at **Boys and Girls Club** who celebrated their birthdays in September.

Thank you to Heathrow Womens' Club **Belinda Visnich** and Lynn Edwards for hosting their special birthday party. What a fun event!

Our October Birthday Party will be hosted by **Adrienne DiRienzo and Lisa Batcho** on October 23rd.



If you are interested in co-hosting this event, or would like more information, please visit the Charitable Endeavors Table at one of our Luncheon Meetings.

AdventHealth talks about Surprising Symptoms of Lung Cancer

Swollen-Looking Fingertips

Some lung cancer tumors create chemicals that affect different areas of your body, right down to your fingertips. One effect called "clubbing" causes fluid to gather at the tips of your fingers, making the area above the top knuckle looks swollen.

Muscle Weakness

In some types of small cell lung cancer, the body's immune system tries to fight the cancer. Unfortunately, immune cells can end up destroying nerve endings instead.

The nerve endings that are attacked are responsible for muscle contractions.

Back or Shoulder Pain

Some types of lung cancer tumors stay high in the lungs and can spread to the ribs and spine, causing pain in your upper back and shoulders. However, back pain alone is not a strong sign of cancer.

Weight Gain or Loss

It's confusing, but cancer can make you gain or lose weight. Sometimes chemicals from tumors can cause your body to retain fluids. This can make your weight increase, sometimes rapidly, due to extra water.

In other types of cancer, chemicals can cause you to lose your appetite.

Fatigue

Like many cancers, lung cancer can lower your red blood cell count, causing anemia. Red blood cells carry oxygen throughout your body. Without oxygen, your body can feel weak and tired.

Racing Heart

Cancer-related anemia can also cause your heart to beat differently. You may have a very fast or irregular heartbeat.

People with cancer may also develop high levels of calcium in their body, called hypercalcemia.

Screenings to Support Your Peace of Mind

At AdventHealth, we offer lung cancer screenings for people who are at higher risk of lung cancer, like smokers. Learn if a lung cancer screening may be right for you.

Ways and Means

The Ways & Means Committee selects, plans, and executes all of the fundraising events for Heathrow Women's Club Charities, Inc.

Mark Your Calendar Now for These Upcoming Events:

NOVEMBER. 11, Monday - **GOLF** Tournament, Heathrow Country Club It is not TOO late to sign up to play or purchase a Hole of Fame Donation. Go to the HWC website to commit!

DECEMBER 10, Monday - Ways and Means **Committee Meeting**, 5:30, Sawyer Lake Park Club House

JANUARY 31, 2020, FRIDAY - Drop off Day for the **YARD SALE**. FEBRUARY 1, 2020 Saturday - **YARD SALE** at Sawyer Lake Park MARCH 8, 2020, Sunday, **SPRING FASHION SHOW** - at the Westin, Lake Mary. More information to come.

The best way to make the most out of your Heathrow Women's Club membership is to become active on a committee. What better committee is there for you than the one that raises the much-needed funds for our selected charities? If you are interested in becoming involved in Ways & Means and have not yet signed up, please contact Nancy or Carolyn, Ways & Means Co-Chairs. We appreciate your participation and the donation of your time and talent to those in need.

The Ways & Means Committee selects, plans, and executes all of the fundraising events for Heathrow Women's Club Charities, Inc. Thanks to hard work by a number of volunteers, we are headed for a very successful Golf Tournament.

Our October Raffle Basket was donated by Maria Bajayo and brought \$375 for our charities! Ginny Castellani and Carol Ann Dove sold the raffle tickets. Congratulations to new member, Michele East, who purchased the winning ticket!

Every Luncheon meeting, Raffle Baskets are donated by our members...let us know if you would like to donate or help sell tickets. As a reminder, all proceeds from our fund-raising events benefit: Boys & Girls Club of Central Florida, W. Sanford Branch; SafeHouse of Seminole, Seminole County Friends of Abused Children, and the Foundation for Seminole County Public Schools.

Nancy Jones (407-461-6555) and Carolyn Boland (904-608-2163) Co-Chairs, Ways & Means or <u>email</u> us.



4TH ANNUAL GOLF TOURNAMENT Heathrow Country Club | 1200 Bridgewater Drive, Heathrow, FL 32746 Monday, November 11, 2019 Check-in 11 am, Shot-Gun Scramble 12 pm

All Proceeds Benefit:

- Boys & Girls Club of Central FL, W. Sanford Branch
- SafeHouse of Seminole
- Seminole County Friends of Abused Children
- The Foundation for Seminole Public Schools

Hole in One Sponsor – Mercedes Benz of North Orlando



Email GolfTournament@HeathrowWomensClub.org

Or check out bit.ly/HWCGolf for sponsorship opportunities

Individual Player \$150 | Foursomes \$500

Includes Range Balls, Box Lunch, Buffet Dinner, Prizes, Raffle, Goody Bag and More!

Register at: bit.ly/HWCGolf

Make Checks Payable to: HWCC
Mail Sponsorship Form, Check or CC Form to:

HWCC c/o HWC Golf Tournament

PO Box 950145 | Lake Mary, FL 32795

For additional information or questions, please email:

GolfTournament@HeathrowWomensClub.org

HeathrowWomensClub.com

Heathrow Women's Club Charities is a 501(c)(3) Charitable Organization REGISTRATION #: CH17228 - A copy of the official registration and financial information may be obtained from the division of consumer services by entering our registration # at: bit.ly/2Ga13JC.
"Registration does not imply endorsement, approval, or recommendation by the state."

SOCIAL

The Social Committee decides what activities are appropriate for HWC and then plans and executes them.

Our Social committee met on October 22nd to discuss adding a few new social activities for the 2019-20 season in addition to our current activities. More information will follow in the upcoming months.

In October movie goer members enjoyed meeting at AMSTAR Cinema to watch "Judy" followed by a lively dinner discussion.

Ladies Night out was held at Bahama Breeze last month. Ladies Night Out will not be held in the months of November and December due to the Thanksgiving and Christmas holidays but will resume again in January.

Happy Hour Social- Unfortunately we had to cancel this event in October. We will reschedule this later in the year.

Group Activities

Movie & Dinner will be held on Tuesday, November 19th. The selected movie and a description will be available at the November meeting with sign-up sheets.

Wine Tasting- On November 21st from 5:00pm-7:00pm at Tim's Wine Market, 5040 West SR 46, Sanford (next to Ace Hardware). Join friends in the HWC as we sample some Cru Beaujolais. For those of you how don't know, Beaujolais Nouveau is the first release after harvest in September/October is made from the Gamay grape found in Southern Burgundy. Beaujolais would pair beautifully with your Thanksgiving meal. Information will be made available at the November luncheon.

Lunch Bunch- Debbie Loperfito and Lynn Beckman volunteered to lead Lunch Bunch. Due to the delay in finding volunteers to organize this activity Lunch Bunch did not meet in the month of October but will resume meeting in December. Lunch Bunch meets at a different restaurant every month for lunch.

Holiday Tea- The social committee is working on selecting a venue for a holiday tea in December. More information will be available at the November member luncheon.

Sign-up sheets for new social groups will be available at the November luncheon meeting.

Please contact Mary Beth Ketelhut if you have any new ideas for a social activity.

HAPPY SOCIALIZING... WITH A PURPOSE!

Mary Beth Ketelhut 617-620-6348 socialgroups@heathrowwomensclub.org

PROGRAMS

Tuesday, November 12, 2019 11:00 Luncheon Registration 11:30 Business Meeting 12:00 Luncheon

Registration Deadline: noon, Friday, November 8.

Confessions of a Hallmark Card Writer

Mary Flynn is an award-winning author of fiction, including children's books, and poetry as well as an acclaimed international conference speaker. Her work has won several literary awards.

She was a full-time staff writer for Hallmark Cards in Kansas City and later became a writer and editor for the leading publisher of stories and comprehension tests used in the U.S. public school system. Her observational humor has appeared in the *Sunday New York Times*, *Newsday* and other dailies and magazines. Mary has also served as a leadership program facilitator with the Disney organization from which she is now retired.

Mary's hilarious presentation "Confessions of a Hallmark Greeting Card Writer" continues to enjoy rave reviews with audiences everywhere, as she shares the ins-and-outs along with the mishaps behind the scenes at Hallmark.

Mary currently hosts a live radio talk show that airs daily on Salem Media's WBZW 1520 AM, afternoons from 3:00 to 5:00.

Joan Oatway Programs, Chair programs@heathrowwomensclub.org

Christine's Safe Pet Fund

Christine's Safe Pet Fund is an **ongoing** fund that has been established in memory of our Past President, and friend, Christine Gillen.

Christine's Safe Pet Fund will enable more domestic violence victims to leave abusive households without leaving their pets behind and at risk. Christine's Fund will celebrate the human animal bond and how family pets can provide comfort, reassurance, and healing to Seminole County women and children survivors.

Did you know that 65% of domestic violence victims will delay or refuse to leave an abusive home out of fear of leaving their pets behind?

Did you know that up to 85% of women entering domestic violence shelters reported that their partner had threatened, injured, or killed their pet?

100% of the monies raised will be used for vaccinations, shots, medications, food, and pet housing deposits. Christine's Safe Pet Fund will help to remove barriers to safety and allow survivors with pets to seek safety together thus saving more lives!

For more information, or how to make a donation to this ongoing fund, please contact me at Pattinev@hotmail.com.

Thanking you in advance for your generosity, Patti Neveleff

CORRESPONDING Secretary

REMEMBRANCE DONATIONS

Is there someone you would like to remember, celebrate, or honor in the form of a charitable donation? The Heathrow Women's Club Charities (HWCC) has donation forms that you can easily access on the HWC website, heathrowwomensclub.com. Go to the drop-down box under "Causes" and click on "Donations." Then print out the form found by clicking on "Please fill out this form" and mail it with your donation to the address provided. Your gift, thoughts, and kind generosity will be very much appreciated by the ones whom you are honoring and our charities that we work so hard for will benefit greatly as well. No gift is too large or too small.

If you'd like to donate to Christine's Safe Pet Fund in memory of our Past President, Christine Gillen, please contact Patti Neveleff for more information.

Most importantly, if you know of a club member that is experiencing health problems, undergoing surgery, or who has a spouse who is experiencing these, please notify me, so that I may send them a note from the club to express our thoughts and support.

If you have any questions, please contact:

Becki Miller
Corresponding Secretary
407-687-5780
rebekahmiller@bellsouth.net

CHARITIES

Please Consider Heathrow Women's Club Charities as your Charity of Choice when making a donation to commemorate a special occasion, show appreciation or offer condolences. The Special Donation Form can be found here or contact Sally Beisler at 407-333-1910. Mail the form along with your check made payable to: Heathrow Women's Club Charities, Inc., PO Box 950145, Lake Mary, FL 32795. Notification will be sent to the individual you are honoring, and you will be sent an acknowledgement of your donation. This is a wonderful way to show someone that you are thinking of them and to support our local charities listed below.

With the help of our sponsors listed on the following pages, we are able to proudly support the below Seminole County charities that benefit women and children.





BRANCH

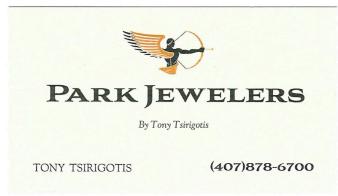




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A LUXURY SENIOR RETIREMENT COMMUNITY



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As an AutoNation Company, we've helped donate over \$17 million toward cancer research. Together we can drive out cancer.

GEICO proudly supports the Heathrow Women's Club Charities.

At GEICO, we know the only way to build stronger communities for tomorrow is to invest our time and energy today.



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Heathrow Living is a proud sponsor of Heathrow Women's Club Charities.







Heathrow Living is the official publication for the Heathrow Community.

Please contact kaylie.oppedisano@n2pub.com for information on Heathrow Living magazine.